



A comprehensive program for your health and well-being from Blue Cross of Idaho.

WellConnected is an interactive online program to help you improve your health and well-being.



Included as part of your insurance benefits, Blue Cross of Idaho offers a personalized approach to your health-related questions and concerns.

#### TAKE ACTION FOR BETTER HEALTH

- **Personal Health Assessment:** Six online surveys provide immediate feedback about your health status and practices.
- Step-by-step, **customized programs** help you with fitness, nutrition, sleep and stress management. Smoking cessation program available January 1, 2008.
- Receive **regular**, bi-weekly **emails** to keep you on track with your goals.
- Access WellConnected **online**, wherever you are in the world.
- All your personal information is completely **confidential**.

#### INFORMATION TO OPTIMIZE YOUR HEALTH CARE

- Comparison tools allow you to compare **drug costs, options** and **potential interactions**, as well as **hospital quality**.
- **Cost estimators** aid in planning cost of care.
- **Coverage Advisor** allows comparison of different plans and costs, so you can better estimate your annual FSA, HRA or HSA account contribution.
- Online **health encyclopedia**.
- Customized feed of relevant health **news**.
- Online personal health management: Create and maintain your **personal health record** in a secure online space (coming in 2008).

#### REGISTER TODAY

- Visit **www.bcidaho.com**.
- Click on the Health & Wellness tab for access to WellConnected tools.
- Click on Login, sign in and begin your journey to better health and health care.
- If you are not registered, you will need your Blue Cross member ID, printed on your insurance card. Once you complete the registration process, you will be emailed a one-time password, which you can use to log in and create a permanent password.

If you have any problems accessing the WellConnected tools or setting your password, please contact Customer Services at (800) 627-1188 or (208) 331-7347.

[www.bcidaho.com](http://www.bcidaho.com)



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Form No. 3-715 (09-07)